



CITY OF BRIDGEPORT SENIOR CENTERS NEWSLETTER

307 GOLDEN HILL ST
BRIDGEPORT, CONNECTICUT 06604

April 2016

DEPARTMENT ON AGING

TELEPHONE 203-576-7993

April 1
April Fools Day



April 18



April 22-30



April 29
Orthodox



April 29
Arbor Day



Department of Aging Mission Statement

To make certain that all Bridgeport Seniors will be able to reach their full potential by providing opportunities for socialization, information, referral and by assuring that they can utilize available nutrition, social services, health, and transportation programs.



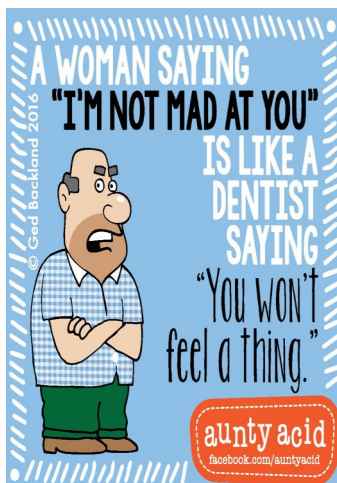
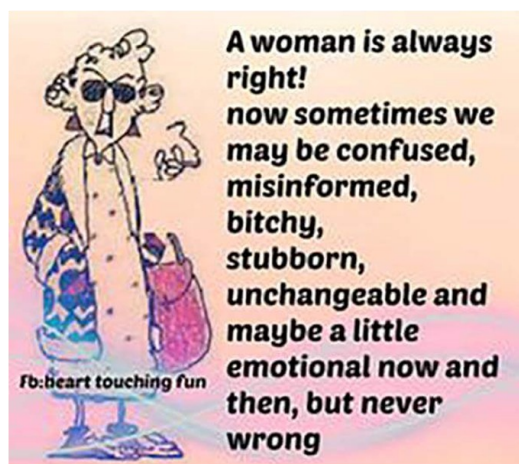
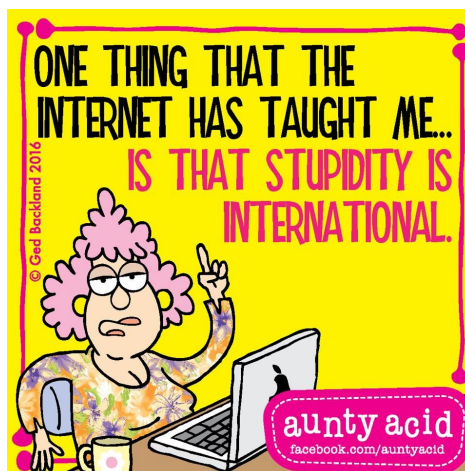
**Hairdresser will be here
April 6, 2016.**

Donation: \$10.00.



April Birthdays

**Wishing our Seniors born in
April a very
Happy Birthday!**



City of Bridgeport Senior Center Directory

Eisenhower Senior Center
307 Golden Hill St.
Bridgeport, CT 06604
Phone: (203) 576-7993
Fax: (203) 576-7521

Black Rock Senior Center
2676 Fairfield Ave.
Bridgeport, CT 06605
Phone: (203) 576-7258

East Side Senior Center
1057 East Main St.
Bridgeport, CT 06608
Phone: (203) 576-7212

North End Bethany Senior Center
20 Thorne St.
Bridgeport, CT 06606
Phone: (203) 576-7730

Staff Extension

Executive Director 7989
Rosemarie Hoyt

Administrative Assistant 7955
Heather Goulet

Social Services 7992
Rosemary Wong

Program Coordinator 7994
Marion Lecardo

Senior Center Coordinators
Bonnie Roach 7258
Carrie Taylor 7730

Senior Center Project Coordinator
Martha Santiago 7212

Ways to use Toothpaste in your daily life

by Jatin Sharma · August 8, 2015

Things in our daily life can be used for multiple things other than their intended use. One such thing is tooth paste. Given that it is used only twice a day when you brush your teeth in the morning and in night.

Also you might be surprised to know about various uses of toothpaste. Apart from shining and whitening your pearly whites, we have managed to find tubes and tubes worth of uses for toothpaste. The best way would be use inexpensive toothpaste for such uses instead of your gels and teeth whiteners. Try any toothpaste which has triclosan in it.



So here are 10 most unconventional uses of toothpaste.

Car lights



Car lights tend to get smudged, scratches easily and this distorts light and makes it harder to see in the night. Take some toothpaste on a piece of cloth and wipe the headlights generously. Wash them with a damp cloth and get sparkling head lights.

Clothing stains



So you drop some mustard on your shirt while devouring a hotdog and notice it on your way home. Don't worry, apply some toothpaste on the affected area and leave the shirt to dry. Wash the area with water the next day and voila the shirt is as new as before.

Shoe Shiner



Shoes and sneakers tend to get dirty with regular frequency. Just wipe the dirty area with toothpaste and wash the sneakers. The sneakers will come out as brand new.

This also works on leather shoes also, just don't wash them. Wipe them with some damp cloth and toothpaste. The shine will be back in no time.

DVD Scratch Remover



You want to see your favorite movie on film night and you take the CD out of the case and find scratches on the back of the CD. Don't panic, just use a small amount of toothpaste with a cotton or fiber cloth and wipe the cd in circular motion from centre to outside. The scratches will be removed and your film night will be saved.

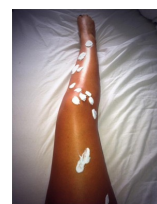
Mobile screens



With constant use, mobile screens tend to pick up many small scratches on the way, especially if they are used without a protective screen.

Solve this problem using a tiny dab of toothpaste and wipe the screen with a cotton cloth. Then clean the screen with a damp cloth and the screen will be free of any scratches.

Mosquito bites



Mosquitoes are not only hazardous but also a nuisance. Not only they bite, but their bites leave those tiny bumps which scratch like crazy. Don't scratch on the bump just put enough amount of toothpaste on each tiny bump to cover it completely. As the tooth paste dries, it dries the bump along with it and the scratchy feeling goes away.

Treating mild burns



An old grandma's recipe, tooth paste can also be used to treat mild burns. So the next time if you burn your hand while taking a tray out of the oven or picking up something hot, immediately put your hand under cold running water. Then apply some toothpaste on the affected area and leave for a few minutes. The cooling effect of the toothpaste will sooth the burns and prevents boils. Do visit a physician if they burns are severe in nature.

Pimple remover

The eternal enemy of teenage beauty, pimples can also be treated with toothpaste. Just put a small amount of tooth paste on each pimple to cover it. The toothpaste will dry the pimple and it will disappear overnight and you will have a pimple free face in the morning.

**FROM THE TAX ASSESSORS OFFICE
SENIOR TAX RELIEF PROGRAM**

**SENIOR CITIZEN & S.S. DISABILITY TAX RELIEF PROGRAM
(OCTOBER 1, 2015 GRAND LIST)**

Applications will be accepted in the Tax Assessor's Office, **Room 103**, City Hall, from **March 1 to May 13, 2016**

REQUIREMENTS

Age 65 by December 31, **2015**

(IF UNDER 65 YOU MAY APPLY IF YOU ARE CONSIDERED DISABLED BY THE SOCIAL SECURITY ADMINISTRATION. YOU MUST PROVIDE VERIFICATION WITH A CURRENTLY DATED "CERTIFICATE OF AWARD/TPQY FROM SSA. CONTACT OUR OFFICE AT 332-3023 TO RECEIVE A SAMPLE OF THE REQUIRED DOCUMENT.)

Applicant must own and reside in the real estate beginning on **October 1, 2015**. The 2015 Maximum Qualifying Income (which includes Social Security Income)

Individual \$35,200

Married \$42,900

Please bring the following documents for income verifications:

2015 Federal Income Tax Return (Please check with IRS for their income requirements on filing a return.) **If you file a tax return, you must do so BEFORE you come to our office.**

AND

2015 Social Security Benefit Statement (SSA1099, if applicable)

OR

Any 1099 INT, 1099DIV, 1099R, W-2, etc. for 2014 plus 2014 Social Security Statement (SSA1099) and any statements showing non-taxable income such as a VA pension, Tax Free Interest, etc. Any of these would have been received in January 2015.

IF YOU HAVE ANY QUESTIONS PLEASE CALL KATHY AT 332-3023.

OPEN SWIMMING FOR BRIDGEPORT SENIORS

LOCATION:
CARDINAL SHEHAN CENTER
1494 MAIN STREET
BRIDGEPORT, CT 06604

EVERY MON., TUES., WED., & THURS.

8:30 AM TO 10:00 AM
Seniors must provide own transportation

Personal belongings cannot be left at the Pool

Magnesium is a critical mineral for converting food into energy! But three out of four people don't get enough on a daily basis. Dr. Drew Ramsey is the author of "The Happiness Diet." And he says a deficiency leads to fatigue - and a bad mood.

So people compensate by eating sugary and simple carbohydrate foods for the feel-good rush and instant energy.

But if you get enough magnesium from foods like spinach, beans, whole grains and nuts - you won't find yourself turning to comfort food.

As a bonus: Diets high in magnesium also lower your risk of diabetes.

We need magnesium to turn food into energy!
But 75% of us *don't* get enough!



John Tesh

Stop and smell the rosemary!

In one study, people who inhaled the scent of rosemary scored higher on tests of long-term memory – plus, they reported feeling happier and more energetic!

The key to rosemary's power? It's a compound called cineole. It has that pungent, woody odor. And it increases blood flow to the brain. So, grab a sprig and breathe in.



John Tesh

Control That Cough

Indulge in a square or two of dark chocolate.
Researchers found that chocolate's theobromine compound is more effective than codeine at suppressing persistent coughs without the side effects of drowsiness and constipation.



-Jacob Teitelbaum, MD; Mark Moyad, MD, MPH, Jenkins/Pokempner director of preventive and alternative medicine at the University of Michigan Medical Center in Ann Arbor

Tesh.com



Suppress Nausea

Try frozen ginger chips.



IntelligenceForYourLife.com

EISENHOWER SENIOR CENTER
307 GOLDEN HILL STREET
BRIDGEPORT, CT 06604
203-576-7993
Rosemarie Hoyt, Executive Director

Open daily from 8:30 a.m. – 4:30 p.m.
Nutritious Lunch offered Monday through Friday,
call for reservations at (203) 335-6175.

Daily Activities: Ceramics, Dominos, Cards, Billiards, Wii Practice
Also available: Computer Room, Information, Referrals, and Social Services.

Grandparents & Senior Events

4/7 JoAnn Fabric Store (10 a.m.-12:30 p.m.)
4/14 Ferraros Market (10 a.m.-12:30 p.m.)
4/21 Trumbull Mall (10 a.m.-12:30 p.m.)
4/28 Huntington Dollar Store 10:30 a.m.



GRANDPARENTS GROUP

**To become a member/
 information call Sheila at
 203-414-9625**



Every Friday
9:30 a.m.—10:30 a.m.



Red Hat Gathering

**Call Sheila at:
 203-414-9625**

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise 8:30 - 3:15 p.m. Chair Exercise 10:00-11:00 a.m. Ceramics 9:30 a.m.-3:30 p.m. Lunch	Exercise 8:30 - 3:15 p.m. Art Therapy 10:00-11:00 a.m., Ceramics 9:30 a.m.-3:30 p.m. Lunch	Exercise 8:30 - 3:15 p.m. Zumba 10:00-11:00 a.m., Ceramics 9:30 a.m.-3:30 p.m. Lunch Bingo 1:30 - 2:30 p.m.	Exercise 8:30 - 3:15 p.m. Art Therapy 10:00-11:00 a.m., Ceramics 9:30 a.m.-3:30 p.m. Lunch	Exercise 8:30 - 3:15 p.m. Ceramics 9:30 a.m.-3:30 p.m. Line Dancing 11:00 - 12 noon Lunch

**SOCIAL SERVICE
ROSEMARY WONG
203-576-7993**

**SENIOR CITIZEN AND SSDI DISABILITY TAX RELIEF RENTERS REBATE PROGRAM
TO REQUEST YOUR APPOINTMENT PLEASE CALL (203) 576-7520.
FILING DATES APRIL 1ST THROUGH OCTOBER 1ST**

ELIGIBILITIES: Claimant or spouse must be age 65 or older by December 31st 2015. If you are under 65 you **must be permanently disabled** by the Social Security Administration. The permanently disabled applicants must provide verification of their "Certificate of Award/TPQY from the Social Security Administration. **An applicant must be a renter in Connecticut at the time of application;** also they must reside in Connecticut for any one year period prior to the time of filing. Applicants must meet the qualifying income guidelines to apply for the Renters rebate program. The maximum qualifying income for the year 2015 is **\$35,200** for the Unmarried/Single or **\$42,900** for the Married Couples. **An applicant who is "legally Separated" as of December 31st 2015, can apply as unmarried.**

All applicants must have paid rent last year to apply for the renters rebate program this year.

The maximum qualifying income for the year for 2015 is:

Unmarried/Single \$35,200

or

Married \$42,900

Please bring in the following income and Rent verifications: {all documents for the year 2015}

1. 2015 Federal Income Tax Return, Social Security, SSI, (Federal Supplemental Income), SSDI, (Social security disability income), Veterans payments, Pension(s), all taxable and non-taxable income statements for the previous year 2015.
2. Twelve Rent receipts or a letter from your Landlord with the total rent amount paid for the year 2015, also if you have Section 8 or any other rent subsidies; bring us a statement that explains how much rent the applicant paid for the year 2015
3. Payment summaries of Electric, or Gas, or Water, or Fuel, or Energy Award letter {2015} or Air condition total fee charges for the year 2015, with medical reason attached.
4. If you are permanently disabled as an adult and under 65 years old, you **MUST** bring us proof of Disability from Social Security Administration.
5. If you are a Veteran under 65 years old and permanently disabled, you **MUST** bring us a copy of the Social Security proof of disability documents.
6. If you are legally married, you **MUST** bring us a copy of your marriage certificate.
7. If you paid rent to a family member that owns the property, you **MUST** bring us their copy of "2015" Federal Income Tax Return with the Schedule "E" sheet.



EISENHOWER FOOD PANTRY

HEALING TREE ECONOMIC DEVELOPMENT (HTED)

Founded in 1990 by Mrs. Cynthia Gee West, the Healing Tree Economic Development Inc. (HTED) is committed to providing quality services that target areas of feeding, educating and housing for those members of the Bridgeport community who are in need.

HTED's program, the King's Pantry, has been feeding the homeless in the greater Bridgeport area for over 25 years. The King's Pantry currently provides weekly onsite (on the street) feeding and has two food pantries at 30 Florence St. and the Eisenhower Senior Center.

The King's Pantry at Eisenhower was started King's Pantry Director, Mrs. Charlene Chambers and is operated by Mrs. Doris Robinson, the site's Chief Operating Officer.

The Pantry is open every
Thursday, 9:00 a.m. - 12:00 p.m.



Bridgeport Nutrition Café Site

In order to ensure your dining experience a pleasant one, the following are a reservation and meal site guidelines

- Menus will be posted at the meal site and will be printed in the senior center newsletter.
- Please make a reservation 2 days in advance. Meals are ordered ahead of time and we can only guarantee meals for those who have registered.
- If you are not able to make it for lunch and have already registered, please call the café manager to let her know you will not be there.
- Those who register for lunch and do not call or show up for two (2) consecutive days will have all other reservations cancelled until he/she calls to reserve a meal again
- Lunches must be eaten at the meal site. The only items allowed to be removed from the meal site are bread and fruit. All other food items must be eaten or disposed of before leaving

If you have any questions or concerns, please contact our office at 203-332-3264. Laura or Barbara will be happy to answer any questions you may have.



NORTH END BETHANY SENIOR CENTER
20 Thorne Street
Bridgeport, CT 06606
Tel. 203-576-7730
Carrie Taylor, Coordinator

Open 8:30 a.m. to 4:30 p.m.
Daily Nutrition Program, call for registration.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Current Events 9:00-11:00	Good Old Days 9:00-11:00	Be Heard Discussion 9:00-11:00	Poetry & Prose 9:00-11:00	Now & Then 9:00-11:00
Wii Practice 10:30-12:00	Craft Classes 10:30-12:00	Billiards 11:00-12:00	Wii Practice 9:30-10:30	Pinochle 9:30-12:00
Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00
Bingo 1:00-3:30	Pinochle/Bingo 1:00-3:00	Pokeno 1:00-3:00	Pokeno 1:00-3:00	Bingo 1:00-3:30

BLACK ROCK SENIOR CENTER
2676 Fairfield Avenue
Bridgeport, CT 06605
Tel. 203-576-7258
Bonnie Roach, Coordinator

Open from 8:30 a.m. to 4:30 p.m.
Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323.
Last Thursday of the month: and also rotating stores for Shopping trips.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Line Dancing with Gloria 10:00-11:30	Pinochle 10:00-12:00	Poker 9-11:30	Zumba \$1.00 per person 10:30-11:30	Crafts/Knitting 9:30-12:00
Lunch TV Open discussion on current events 12:30—3:00	Zumba \$1.00 per class 12:00-1:00	Lunch	Lunch	Lunch
	Lunch	Bingo 12:30-3:00	Movie Matinee 12:30-2:30	Chat Session T.V. 12:30-3:00

HEALTH AND WELLNESS

Things Podiatrists Wish Everyone Knew About Their Feet

Don't go barefoot in a public shower.



Gym showers and locker-room floors are a big-time breeding ground for the fungus that causes athlete's foot, so be sure to wear flip flops or

water shoes. Take extra care drying your feet too, working the towel in between your toes. By the same token, if you book a pedicure grab the first appointment of the day when the tubs are likely to be the cleanest.

Your feet can clue you in to your overall health.



For example, if the hair on your toes suddenly disappears and the skin on your feet gets thinner or shinier, peripheral arterial disease (PAD)—poor circulation caused by a buildup of

plaque in the leg arteries—may be to blame, says Amanda Meszaros, DPM, a podiatrist in Oberlin, OH. PAD is a major red flag for heart problems or a stroke since clogged arteries in the legs are usually associated with blockages elsewhere in the body. Also look out for extremely dry skin and foot ulcers that don't heal; they may be triggered by undiagnosed diabetes since high blood glucose levels decrease sweat and oil production, points out Meszaros.

Pointy pumps are the worst.

Shoes that push the big toe into smaller toes set you up for bunions, bumps that form over the bone at the base of the big toe. The skin overlying the bunion may become red, irritated, and swollen, making walking painful. Your ideal high heels: ones with a wide toe box and heels under two inches.

The length of your toes is a big deal.



If your second toe is longer than your first toe (that's the case for an estimated 20 to 30% of Americans), you're at increased risk for bunions, hammer toes

(ones that are bent downward), and even back problems due to how you distribute pressure throughout your body, says Robert F. Weiss, DPM, director of the Foot & Ankle Institute at Stamford Hospital in Connecticut.

"All the weight should push off your first toe, but when the second one is longer, it rolls and flattens, causing all kind of foot problems," he explains. If you do have this condition (called Morton's Toe), talk to your podiatrist about the best kind of footwear for the shape of your feet, since ill-fitting shoes make the condition worse.

Toenail fungus is so stubborn.



If your toenails have started to discolor or are becoming thicker and more brittle, chances are fungus is to blame. "While nails clear up in time by taking anti-fungal pills, your risk of a

reoccurrence is high so I recommend a topical cream to help prevent it.

Keeping your foot dry—and changing out of sweaty socks—can help prevent the fungus, which thrives in warm, moist environments and can invade your skin through tiny cuts or the small separation between the nail and nail bed, from rearing its ugly head in the first place.

It's not your imagination: your feet really are getting bigger.



Even if you didn't put on weight, chances are you went up at least a half-size in the last decade. Feet become both longer and wider as you age because the ten-

dons and ligaments that link tiny bones lose elasticity. Get your feet measured at least once a year so you know your true size, suggests Dr. Swartz. Wearing shoes that don't fit properly can cause more than discomfort—it can create or accelerate a bunion or cause blisters, among other issues.

EAST SIDE SENIOR CENTER
1057 EAST MAIN STREET (Corner of Arctic St.)
Bridgeport, CT 06608
(203) 576-7212
MARTHA SANTIAGO, PROJECT COORDINATOR

Open Daily 9:00 a.m.-4:00 p.m.
Daily Nutrition Program, call for registration.
Daily activities are Dominos, Billiards,& Television—9a.m.-11:30a.m.
Various Field Trips are offered once a month.
Summer walking is offered once a week.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Chair Yoga 10:30-11:30 Lunch 11:30-23:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Ballroom Dancing 9:30-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00

SMOOTHIES

